



Martin J. Chávez, Mayor

City WellNews

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Keeping the Resolution

I hope everybody had a safe and healthy holiday season. As 2009 starts to unfold it may get harder for us to keep the resolutions we may have made at the end of last year. If you are one of the nearly 100 million Americans who made a resolution such as exercising more, losing weight, quitting smoking, cutting down on alcohol and eating a healthier diet, you'll have a much better year if your resolution sticks. Here are 9 helpful tips to help you keep your 2009 commitment.

Keep it real: A sure way to fall short of your goal is to make your goal unattainable. For example, resolving to never eat your favorite food again because it has too many calories could be a bad choice. Strive for a goal that is attainable, such as avoiding it more often than you currently do.

Plan ahead: Don't make your resolution at the last minute. If you wait until the last minute, it will be based on your mindset that particular day. Instead, it should be planned with enough time to allow you to mentally prepare for your lifestyle change.

Develop a specific plan: Decide how you will deal with the temptation to skip that workout or have one more cigarette. This could include

calling on a friend for advice, practicing positive thinking, and positive self-talk.

Write a "pro" and "con" list: It often helps to see a list of items on paper to keep your motivation strong. Develop a list over time, and ask others to contribute to it. Keep your list on hand and refer to it when you need help keeping your resolution.

Talk about it: Don't keep your new resolution a secret. Tell friends and family who can be there to support your resolution to change yourself for the better or improve your health. One method proven to be successful is to find yourself a buddy who shares your New Year's resolution and motivate each other.

Keep track of your progress: Keep track of each small success you make toward reaching your bigger goal. Short-term goals are easier to keep and small accomplishments will help keep you motivated.

Never beat yourself up: Obsessing over the occasional slip won't help you achieve your health related goals. Do your best each day, and take each day one at a time.

Stick with it: Experts say it takes about 21 days for a new change, such as exercising, to become a habit, and 6 months for it to become part of your personality. Your new healthy habits will become second-nature in no time.

Keep trying: If your commitment starts to run out of steam by mid-February, don't despair. Start it over again! There's no reason you can't make a resolution any time of year.

Happy New Year,

Martin J Chávez, Mayor

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Ready for a New Start?

New Heart Inc., located at 601 Lomas, encourages you to stop in for a visit to see their facility and learn about their services. New Heart is a wellness and cardiac rehabilitation center that offers a variety of preventive and maintenance programs to the general public as well as to heart patients. The 12,000 square foot facility has a complement of state-of-the-art cardiovascular and strength training equipment and a staff of exercise physiologists who are available to create and modify exercise programs to meet any fitness goals. Memberships range from \$25 to \$40 per month, with a one-time initial fee of \$40. Group fitness classes in aerobics, yoga, tai chi and qi gong are also available for an additional fee. With easy access to the downtown area, New Heart is ideally located for the working professional. Hours are 5:30 AM to 7:30 PM Monday through Friday and 7:30 to noon on Saturday.

New Heart is built on a foundation of hope and optimism. We believe strongly in the power and resilience of the human body and spirit, and our mission is to help you on your road to healthy living. We look at heart health and wellness in a comprehensive way, which includes physical health, mental and emotional health, and social and spiritual connections and their impact on total well-being. New Heart looks forward to walking with you on your road toward your own optimal health.

Mayor's Monthly Green Tip

Paper or plastic? How about neither. Each year the United States uses 30 billion plastic and 10 billion paper grocery bags. This requires approximately 14 million trees and 12 million barrels of oil. Cities across the country have started efforts to ban plastic bags in stores, but everyone can do their part for the environment by keeping a reusable bag handy for shopping trips.

Source: <http://www.filterforgood.com/tips>

Life is Full of Changes ...but make sure you keep Insurance & Benefits informed

The City strives to offer our employee's and their family members with benefit options that meet their needs. Qualifying Events such as marriage, divorce, or the birth of a child have direct impact on you and your family's benefits. Insurance & Benefits has procedures in place to help you when you experience a Qualifying Event. However, none of these procedures are likely to help you unless you notify your Insurance & Benefits Office as soon as possible following the qualifying event. While we request notification within 31 days of the actual event (birth, marriage, divorce, etc.), failure to provide notification could result in serious consequences including coverage being denied to an otherwise eligible dependent. "Timing is everything". To avoid any unexpected problems with these "Life Events", please consider the following:

- You are responsible for notifying the Insurance & Benefits Office of any eligibility changes and submitting enrollment forms and documents within 31 days of the event date.
- Ensure that you have proper documentation for change (birth certificate, marriage license, divorce decree, etc.)
- Stay aware of what is deducted from your pay for benefits (as reflected on your Statement of Earnings and Deductions)
- You will be responsible for costs incurred by dependents after they become ineligible.

Examples of Life Status Change Events

- New Employment
- Marriage
- New Baby (born or adopted)
- Divorce
- Involuntary Loss of Coverage
- Dependant Child Turn 25 years old
- Dependent Child Marries
- Resignation, Retirement, or Termination

We all must stay aware of the circumstances surrounding the benefits package we receive through the City of Albuquerque and provide timely notification when there are any changes. By following these basic principles, you will ensure that you and your family will always receive the coverage and services you expect and deserve. If at any time you have questions or concerns about your group health plan or about any benefits offered please contact the Insurance & Benefits Office Monday through Friday at (505)768-3758 between 8:00 am and 5:00 pm.

JANUARY IS GLAUCOMA AWARENESS MONTH

January is National Glaucoma Awareness Month, an important time to spread the word about this vision-stealing disease. Glaucoma is the leading cause of preventable blindness. Everyone, from infants to seniors, is vulnerable. Moreover, among African-American and Hispanic populations, glaucoma is the leading cause of blindness.

What is Glaucoma?

Glaucoma is a group of eye diseases that gradually steal sight without warning. Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages.

Over 3 million Americans, and nearly 70 million people worldwide, have glaucoma. Experts estimate that half of them don't even know they have it. Combined with our aging population, we can see an epidemic of blindness looming if we don't raise awareness about the importance of regular eye examinations to preserve vision.

The most common type of glaucoma—primary open angle glaucoma—is hereditary; so if you do have glaucoma, don't keep it a secret. Let your family members know they are at increased risk.

Help Raise Awareness

Experts estimate that half of the people affected by glaucoma don't even know they have it. Here are three ways you can help spread awareness:

1. Discuss glaucoma with friends and family. If you have glaucoma, don't keep it a secret. Let your family members know.
2. Refer a friend to this web site, www.glaucoma.org
3. Request to have free educational booklets sent to you or a friend.

Types of Glaucoma

There are two main types of glaucoma: primary open angle glaucoma (POAG), and angle closure glaucoma. These are marked by an increase of intraocular pressure (IOP), or pressure inside the eye. When optic nerve damage has occurred despite a normal IOP, this is called normal tension glaucoma. Secondary glaucoma refers to any case in which another disease causes or contributes to increased eye pressure, resulting in optic nerve damage and vision loss.

Facts and Statistics

Glaucoma is the leading cause of preventable blindness, and in the most common form there are virtually no symptoms. Vision loss begins with peripheral or side vision, so if you have glaucoma you may not notice anything until significant vision is lost.

The best way to protect your sight from glaucoma is to get a comprehensive eye examination. Then, if you have glaucoma, treatment can begin immediately.

Glaucoma is the leading cause of blindness among African-Americans. And among Hispanics in older age groups, the risk of glaucoma is nearly as high as that for African-Americans. Also, siblings of persons diagnosed with glaucoma have a significantly increased risk of having glaucoma.

Risk Factors

Are you at risk for glaucoma? Those at higher risk include people of African, Asian, and Hispanic descent, people over 60, and people with diabetes or hypertension. Regular eye exams are especially important for those at higher risk for glaucoma, and may help to prevent unnecessary vision loss. A comprehensive eye exam is recommended yearly for those who are at an increased risk for glaucoma.

Sources: <http://www.glaucoma.org> &
<http://www.preventblindness.org>

January Wellness tips

Nutrition Tip

When bigger is better. When given the choice, choose full-size carrots over the baby version. While baby carrots are a convenient source of vitamins the bigger ones contain 23 percent more beta-carotene.

Fitness Tip

Get-lean routine. Mix up your cardio pace to see faster results by shifting between time spent walking, jogging and sprinting.

Health Tip

January is National Cervical Cancer Awareness Month. Cervical cancer is the second most common cancer in women worldwide. HPV is found in 99 percent of cervical cancers. Surprisingly, 80 percent of all women will have been infected by some type of HPV by age 50. It is only the High Risk HPV (a small percentage of all the HPV's) that causes cell abnormalities or cancer. Regular pap testing is the best way to detect the presence of cell abnormalities and protect against invasive cervical cancer. When testing, make sure your doctor checks the box on the submission form to the lab that tests for the presence of High Risk HPV cells.

Topics you would like us to discuss in City WellNews?

Contact:

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Questions about Insurance & Benefits?

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The Insurance & Benefits Office
768-3758

Fruit of the Month: Dried Fruit



Drying is the oldest method of preserving food. The first European settlers in America often ate dried corn, apple, currants, grapes and meat. Sun drying of food was an easy way to prolong the life of food, but this form of dried food was different from what is available today. In different climates, the food dried differently because complete sun drying is dependent on very particular weather conditions. Drying eliminates moisture from the food resulting in a longer food life. Organisms that make food spoil require moisture to survive, so foods that have been completely dried have the longest life.

The methods of drying food, particularly fruits and vegetables, have become more sophisticated over time. The three most common methods used today are briefly described below:

- **Solar:** Solar dehydration of food requires 3 to 5 consecutive days of 95 degrees or above and low humidity. This climate is found only in limited areas in the United States.
- **Oven:** Foods are dried using a household kitchen oven. This method can be expensive as many hours are normally required to dry food. Oven dried foods are often times darker and more brittle than foods dried by other methods. This method is often suggested for first time dryers, as very little new equipment is required for this method.
- **Dehydrator:** This type of drying produces the highest quality product. An electric dehydrator may be purchased and various sizes and levels of quality are generally available.

Dried fruits and vegetables are high in fiber and carbohydrates and low in fat. However, dried foods are more calorically dense than their fresh counterparts. The recommended serving size for dried fruits and vegetables is half that of fresh.

Vitamin C is one nutrient that is destroyed by heat. Pretreating food with citrus juice can help increase the vitamin C content of the dried food.

Source:
http://www.fruitsandveggiesmatter.gov/month/dried_fruit.html